

**Healthy Schools Calendar**

Dates, tips and resources to support a healthy school community

Prepared by Alberta Health Services, Healthy Weights Initiative

**Health Promotion Theme:** Nutrition Month

**Resources**

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| Dietitians of Canada Website | [www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2013.aspx](http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2013.aspx) |
| Alberta Health Services School Nutrition Website | [www.albertahealthservices.ca/2925.asp](http://www.albertahealthservices.ca/2925.asp) |

**Funding Opportunity and Award Deadlines**

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| Toyota Evergreen Learning Grounds | March 1 (quarterly) | <http://www.evergreen.ca/en/funding/grants/telg.sn> |
| Alberta Communities Initiative Program (CIP) | March 15 (quarterly) | <http://www.ccs.alberta.ca/cip/default.aspx> |
| Alberta Community Facility Enhancement Program (CFEP) | March 15 (quarterly) | <http://culture.alberta.ca/cfep/default.aspx> |
| Alberta Milk Nutrition Innovation Award Application Deadline | March 15 | <http://moreaboutmilk.com/innovation.aspx> |
| PHE Canada’s Quality (Daily) Physical Education Award Application Deadline | March 31 | <http://www.phecanada.ca/awards/quality-daily-physical-education-award/application> |



**March 2013**

**Choosing and Preparing Food for a Healthier You!**

March is Nutrition Month! “Choosing and Preparing Food for a Healthier You" is the theme of this year’s Nutrition Month across Alberta. Alberta Health Services’ dietitians will share tips on how to choose and prepare healthy foods for you and your family.

Many materials will be released by AHS for Nutrition Month 2013, including:

* School Resource Manual (English and French) with pre-written articles and suggested lesson plans.
* Daily Tweets (Follow @AHS\_behealthy).
* Highlights on “Healthy Grocery Shopping”.

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| **March 2013** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| [National Nutrition Month](http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2013.aspx)  [Greater Edmonton Teachers Convention](http://www.teachers.ab.ca/For%20Members/Events%20Calendar/Pages/default.aspx?&CategoryID=5&StartDate=2013-1-1&EndDate=2014-1-31&PSize=10)  **Coming up in April…** [Girls in Motion](http://inmotionetwork.org/physical_activity/girls_in_motion/girls_in_motion_grants) and [Go Girl](http://inmotionetwork.org/physical_activity/go_girl/go_girl_grants) Grant Applications due April 1st | | | | | 1  [Toyota Evergreen Learning Grounds Grants Due](http://www.evergreen.ca/en/funding/grants/telg.sn)  [Healthy U 5&1 Rally Entry Form Deadline](http://www.healthyalberta.com/EntryForm.htm) | 2 |
| 3 | 4 | 5 | 6 | 7    [Central East Teachers Convention](http://www.teachers.ab.ca/For%20Members/Events%20Calendar/Pages/default.aspx?&CategoryID=5&StartDate=2013-1-1&EndDate=2014-1-31&PSize=10)  [Mighty Peace Teachers Convention](http://www.teachers.ab.ca/For%20Members/Events%20Calendar/Pages/default.aspx?&CategoryID=5&StartDate=2013-1-1&EndDate=2014-1-31&PSize=10) | 8  [International Women’s Day](http://www.internationalwomensday.com/) | 9 |
| 10 | 11 | 12 | 13 | 14  [National Farm Safety Week](https://canadasafetycouncil.org/campaigns/farm) | 15  [CIP](http://www.ccs.alberta.ca/cip/default.aspx) and [CFEP](http://culture.alberta.ca/cfep/default.aspx) Grants Due  [Alberta Milk Innovation Award Application Due](http://www.moreaboutmilk.com/innovation.aspx) | 16 |
| 17  **St. Patrick’s Day**  [National Farm Safety Week](https://canadasafetycouncil.org/campaigns/farm) | 18 | 19 | 20 | 21 | 22  [World Water Day](http://www.worldwaterday.org/) | 23 |
| 24  [Q(D)PE Award](http://www.phecanada.ca/awards/quality-daily-physical-education-award/application)  [Deadline](http://www.phecanada.ca/awards/quality-daily-physical-education-award/application)  31 | 25 | 26 | 27 | 28 | 29  **Good Friday** | 30 |